

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အသီ

တၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အုၣ်ကီၤသး - 7

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Medical Care and Health Insurance - 7**

**KAREN**

<p>ဘၣ်သ့ၣ်သ့ၣ်ကသံၣ်သရၣ်အဂၤတဂၤကဆၢနဖိဆူဖိသၣ်ကသံၣ်သရၣ်အအိၣ်လီၤဖိသၣ်ကသံၣ်သရၣ်န့ၣ်မ့ၢ်ကသံၣ်သရၣ်စဲၣ်နီၤလၢအကွၢ်ထွဲဖိသၣ်တဖၣ်လီၤ.</p> <p>အရူၣ်လၢနဖိတဖၣ်ကလဲၤထံၣ်လိာ်အသးဒီးဖိသၣ်ကသံၣ်သရၣ်ဘၣ်ဆၢဘၣ်ကတီၢ်သိးအဝဲသ့ၣ်ကဝံၣ်ထီၣ်ပုၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးပုၤဒီးတၢ်ဂံၢ်တၢ်ဘၢအဂီၢ်န့ၣ်လီၤ.</p>	<p>Your children may be <i>referred</i> to a pediatrician by another doctor. Pediatricians are doctors who specialize in treating children.</p> <p>It is important that your children see their pediatrician on a regular basis, so that they grow up healthy and strong.</p>
<p>သ့ၣ်နီၣ်ထီၣ်ဖဲနလဲၤကိးနဖိဆူကသံၣ်သရၣ်အအိၣ်အဆိကတၢ်တဘျီအခါလဲၤစိာ်ယုာ်ဖိသၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွဲးနီၣ်တက့ၢ်.</p>	<p>Remember to bring all of your child's medical records to the first visit with the pediatrician.</p>
<p>မံးစထၢၣ်ဘးလဲၤထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်ဘၣ်ဆၢဘၣ်ကတီၢ်လၢကယါဘျီအယံဆၢညိးတၢ်ဆါအဂီၢ်န့ၣ်လီၤ.ဖဲတၢ်ဆါယံာ်ထီၣ်အခါဘၣ်သ့ၣ်သ့ၣ်တၢ်ကဆၢနဆူကသံၣ်သရၣ်အဂၤတဂၤအအိၣ်အခါလီၤ.တၢ်ဆါထၢတဖၣ်ယံာ်ဝဲဒီးပာ်ယုာ်ဒီးသ့ၣ်ထီၣ်တၢ်ဆါ,ဆံၣ်ဆၢတၢ်ဆါဒီးယံဆၢညိးတၢ်ဆါတဖၣ်န့ၣ်လီၤ.တၢ်သ့ၣ်တဖၣ်အံၤလိာ်ဘၣ်လၢကသံၣ်သရၣ်ကသမံသမိးအီၤန့ၣ်အီၤဘၣ်ဆၢဘၣ်ကတီၢ်န့ၣ်လီၤ.</p> <p>နမ့ၢ်အိၣ်ဒီးတၢ်ဆါထၢန့ၣ်အရူၣ်လၢနကထံၣ်လိာ်နသးဒီးနကသံၣ်သရၣ်ဘၣ်ဆၢဘၣ်ကတီၢ်န့ၣ်လီၤ.ထဲန့ၣ်မးအဝဲသ့ၣ်ကသမံသမိးနၢၤဒီးကွၢ်တၢ်မၤအသးဒီးနၢၤလဲၣ်န့ၣ်လီၤ.</p>	<p>Mr. Ba sees a doctor regularly to control his arthritis. You may be referred to a doctor if you have <i>chronic</i> conditions. Chronic conditions last for a longer time, and include diseases such as high blood pressure, diabetes and arthritis. They need to be checked by a doctor on a regular basis.</p> <p>If you have a chronic disease it is important to see your doctor regularly, so that they can check and</p>

	see how you are doing.
<p>တၢ်လၢနအိၣ်နအိၣ်:ကသံၣ်လၢနအိၣ်တဖၣ်န့ၣ်အတၢ် ဘၣ်အိၣ်လၢနဖီခိၣ်လီၤ.  မၤလီၤတံၢ် သိးနကတဲဘၣ်နကသံၣ်သရၣ်ဘၣ်ယးတၢ်အိၣ်တၢ်အိၣ်လၢနအိၣ်နအိၣ်တဖၣ်:ကသံၣ်  ၣ်ကသီလၢနအိၣ်လၢအဟံၣ်ယုၣ်:—ဘၣ်တၢ်မံၣ်တမံၤလၢလၢ,ကသံၣ်သ့ၣ်ဂံၢ်ဝဲၣ်စ့ၣ်:  ကသံၣ်ကသီလၢဟံၣ်ပူၤဃီပူၤတဖၣ်န့ၣ်လီၤ.အဝဲသ့ၣ်ကဘၣ်သ့ၣ်ညါစ့ၢ်ကိးလၢမ့ၢ်နအိၣ်သံးသ့  မ့တမ့ၢ်အိၣ်မိၣ်သ့ၣ်နအိၣ်အိၣ်သ့ထဲလဲၣ်န့ၣ်လီၤ.</p>	<p>What you eat and drink and what medicines you take all have an effect on you. Be sure to tell your doctor about what you eat and drink and any medicines you take—including any vitamins, herbal supplements and home remedies. They also need to know if you drink alcohol or smoke tobacco, and how much.</p>